

Meal Plan - 3500 calorie paleo meal plan

[Grocery List](#)[Day 1](#)[Day 2](#)[Day 3](#)[Day 4](#)[Day 5](#)[Day 6](#)[Day 7](#)[Recipes](#)

Don't forget to generate your plan for next week on <https://www.strongrfastr.com>

Day 1

3465 cals ● 362g protein (42%) ● 153g fat (40%) ● 121g carbs (14%) ● 40g fiber (5%)

Breakfast

580 cals, 46g protein, 32g net carbs, 26g fat



Pear

1 pear(s)- 113 cals



Paleo breakfast muffins

4 muffin(s)- 465 cals

Snacks

435 cals, 22g protein, 27g net carbs, 24g fat



Boiled eggs

2 egg(s)- 139 cals



Sunflower seeds

180 cals



Banana

1 banana(s)- 117 cals

Lunch

1235 cals, 161g protein, 18g net carbs, 52g fat



Baked chicken with tomatoes & olives

24 oz- 1198 cals



Basic zoodles

1/4 zucchini- 36 cals

Dinner

1215 cals, 133g protein, 44g net carbs, 51g fat



Kiwi

2 kiwi- 94 cals



Chicken beet & carrot salad bowl

1124 cals

Day 2

3501 cals ● 250g protein (29%) ● 186g fat (48%) ● 156g carbs (18%) ● 51g fiber (6%)

Breakfast

580 cals, 46g protein, 32g net carbs, 26g fat



Pear

1 pear(s)- 113 cals



Paleo breakfast muffins

4 muffin(s)- 465 cals

Snacks

435 cals, 22g protein, 27g net carbs, 24g fat



Boiled eggs

2 egg(s)- 139 cals



Sunflower seeds

180 cals



Banana

1 banana(s)- 117 cals

Lunch

1215 cals, 100g protein, 66g net carbs, 50g fat



Zucchini noodle curry bowl with chicken

1169 cals



Kiwi

1 kiwi- 47 cals

Dinner

1275 cals, 83g protein, 31g net carbs, 86g fat



Roasted pepper stuffed chicken

12 oz- 858 cals



Roasted carrots

4 carrots(s)- 211 cals



Garlic zucchini noodles

204 cals

Day 3

3501 cals ● 250g protein (29%) ● 186g fat (48%) ● 156g carbs (18%) ● 51g fiber (6%)

Breakfast

580 cals, 46g protein, 32g net carbs, 26g fat



Pear

1 pear(s)- 113 cals



Paleo breakfast muffins

4 muffin(s)- 465 cals

Snacks

435 cals, 22g protein, 27g net carbs, 24g fat



Boiled eggs

2 egg(s)- 139 cals



Sunflower seeds

180 cals



Banana

1 banana(s)- 117 cals

Lunch

1215 cals, 100g protein, 66g net carbs, 50g fat



Zucchini noodle curry bowl with chicken

1169 cals



Kiwi

1 kiwi- 47 cals

Dinner

1275 cals, 83g protein, 31g net carbs, 86g fat



Roasted pepper stuffed chicken

12 oz- 858 cals



Roasted carrots

4 carrots(s)- 211 cals



Garlic zucchini noodles

204 cals

Day 4

3482 cals ● 254g protein (29%) ● 196g fat (51%) ● 129g carbs (15%) ● 47g fiber (5%)

Breakfast

625 cals, 34g protein, 16g net carbs, 45g fat



Walnuts

1/3 cup(s)- 219 cals



Scrambled eggs with kale, tomatoes, rosemary

405 cals

Snacks

450 cals, 51g protein, 29g net carbs, 12g fat



Apple

1 apple(s)- 105 cals



Tuna cucumber bites

345 cals

Lunch

1170 cals, 77g protein, 54g net carbs, 65g fat



Brussels sprout, chicken & apple salad

1031 cals



Nectarine

2 nectarine(s)- 140 cals

Dinner

1235 cals, 92g protein, 30g net carbs, 74g fat



Avocado, apple, chicken salad

1237 cals

Day 5

3496 cals ● 310g protein (35%) ● 180g fat (46%) ● 112g carbs (13%) ● 46g fiber (5%)

Breakfast

625 cals, 34g protein, 16g net carbs, 45g fat



Walnuts

1/3 cup(s)- 219 cals



Scrambled eggs with kale, tomatoes, rosemary

405 cals

Snacks

450 cals, 51g protein, 29g net carbs, 12g fat



Apple

1 apple(s)- 105 cals



Tuna cucumber bites

345 cals

Lunch

1195 cals, 125g protein, 45g net carbs, 51g fat



Italian baked tilapia

20 oz- 816 cals



Brussels sprout, apple & walnut side salad

380 cals

Dinner

1225 cals, 100g protein, 24g net carbs, 72g fat



Roasted cashews

1/4 cup(s)- 209 cals



Avocado tuna salad

1018 cals

Day 6

3493 cals ● 272g protein (31%) ● 190g fat (49%) ● 135g carbs (15%) ● 40g fiber (5%)

Breakfast

580 cals, 28g protein, 8g net carbs, 47g fat



Mixed nuts

3/8 cup(s)- 327 cals



Bacon

5 slice(s)- 253 cals

Snacks

465 cals, 20g protein, 12g net carbs, 34g fat



Skillet cauliflower tots

267 cals



Celery and almond butter

200 cals

Lunch

1195 cals, 125g protein, 45g net carbs, 51g fat



Italian baked tilapia

20 oz- 816 cals



Brussels sprout, apple & walnut side salad

380 cals

Dinner

1250 cals, 99g protein, 70g net carbs, 57g fat



Mashed sweet potatoes

275 cals



Sautéed garlic & herb tomatoes

382 cals



Pan fried tilapia

16 oz- 596 cals

Breakfast

580 calsgreen28g protein, 8g net carbs, 47g fat



Mixed nuts
3/8 cup(s)- 327 calsgreen



Bacon
5 slice(s)- 253 calsgreen

Snacks

465 calsgreen20g protein, 12g net carbs, 34g fat



Skillet cauliflower tots
267 calsgreen



Celery and almond butter
200 calsgreen

Lunch

1250 calsgreen84g protein, 9g net carbs, 93g fat



Low carb fried chicken
16 oz- 936 calsgreen



Tomato and avocado salad
313 calsgreen

Dinner

1250 calsgreen99g protein, 70g net carbs, 57g fat



Mashed sweet potatoes
275 calsgreen



Sauteed garlic & herb tomatoes
382 calsgreen



Pan fried tilapia
16 oz- 596 calsgreen

Dairy and Egg Products

- ☐ eggs
31 medium (1368g)

Nut and Seed Products

- ☐ sunflower kernels
3 oz (85g)
- ☐ walnuts
5 oz (140g)
- ☐ roasted cashews
4 tbsp (34g)
- ☐ mixed nuts
3/4 cup (101g)
- ☐ almond butter
2 oz (57g)

Fruits and Fruit Juices

- ☐ banana
3 medium (7" to 7-7/8" long) (354g)
- ☐ pears
3 medium (534g)
- ☐ green olives
24 large (106g)
- ☐ kiwi
4 fruit (276g)
- ☐ apples
4 medium (3" dia) (705g)
- ☐ nectarine
2 medium (2-1/2" dia) (284g)
- ☐ lime juice
1 1/2 fl oz (43mL)
- ☐ avocados
3 avocado(s) (595g)

Vegetables and Vegetable Products

- ☐ red bell pepper
1 1/2 cup, chopped (224g)
- ☐ onion
4 1/2 medium (2-1/2" dia) (484g)
- ☐ tomatoes
15 medium whole (2-3/5" dia) (1849g)
- ☐ zucchini
4 3/4 large (1540g)
- ☐ beets, precooked (canned or refrigerated)
10 oz (284g)
- ☐ carrots
10 2/3 medium (652g)

Beverages

- ☐ water
1 cup (225mL)

Pork Products

- ☐ cooked ham
3/4 lbs boneless (340g)
- ☐ bacon, cooked
10 slice(s) (100g)

Fats and Oils

- ☐ olive oil
1/2 lbs (275mL)
- ☐ oil
5 oz (156mL)

Poultry Products

- ☐ boneless skinless chicken breast, raw
5 3/4 lbs (2579g)
- ☐ boneless chicken thighs, with skin
1 1/2 lbs (681g)

Soups, Sauces, and Gravies

- ☐ apple cider vinegar
1 1/4 tsp (0mL)
- ☐ hot sauce
2 1/4 tbsp (34mL)

Other

- ☐ roasted red peppers
2 pepper(s) (140g)
- ☐ curry sauce
3 cup (850g)
- ☐ mixed greens
2 1/3 cup (70g)
- ☐ italian seasoning
3 tbsp (34g)
- ☐ Chicken, drumsticks, with skin
1 lbs (454g)
- ☐ pork rinds
1/2 oz (14g)

Finfish and Shellfish Products

- ☐ canned tuna
5 can (845g)

- ☐ **garlic**
6 1/2 clove(s) (20g)
- ☐ **cauliflower**
2 head medium (5-6" dia.) (1115g)
- ☐ **bell pepper**
3 medium (357g)
- ☐ **cucumber**
1 1/2 cucumber (8-1/4") (452g)
- ☐ **kale leaves**
4 cup, chopped (160g)
- ☐ **brussels sprouts**
4 cup (363g)
- ☐ **raw celery**
3/8 bunch (188g)
- ☐ **canned crushed tomatoes**
1 2/3 can (675g)
- ☐ **sweet potatoes**
3 sweetpotato, 5" long (630g)

Spices and Herbs

- ☐ **salt**
1 oz (30g)
- ☐ **black pepper**
1/4 oz (7g)
- ☐ **chili powder**
4 tsp (11g)
- ☐ **fresh basil**
24 leaves (12g)
- ☐ **thyme, dried**
5 dash, leaves (1g)
- ☐ **paprika**
1 tsp (2g)
- ☐ **balsamic vinegar**
4 tsp (20mL)
- ☐ **rosemary, dried**
1 tsp (1g)
- ☐ **apple cider vinegar**
4 tsp (20g)
- ☐ **garlic powder**
1 tsp (3g)
- ☐ **cajun seasoning**
1/4 tbsp (1g)

- ☐ **tilapia, raw**
4 1/2 lbs (2016g)

Sweets

- ☐ **maple syrup**
2 tbsp (28mL)
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Breakfast 1 [↗](#)

Eat on day 1, day 2, and day 3

Pear

1 pear(s) - 113 cal ● 1g protein ● 0g fat ● 22g carbs ● 6g fiber



For single meal:

pears
1 medium (178g)

For all 3 meals:

pears
3 medium (534g)

1. The recipe has no instructions.

Paleo breakfast muffins

4 muffin(s) - 465 cal ● 45g protein ● 26g fat ● 10g carbs ● 3g fiber



For single meal:

eggs
4 medium (176g)
red bell pepper
1/2 cup, chopped (75g)
onion
1/2 cup, chopped (80g)
salt
1 dash (1g)
black pepper
1/2 dash, ground (0g)
water
1 tbsp (15mL)
cooked ham, crumbled
4 oz boneless (113g)

For all 3 meals:

eggs
12 medium (528g)
red bell pepper
1 1/2 cup, chopped (224g)
onion
1 1/2 cup, chopped (240g)
salt
3 dash (2g)
black pepper
1 1/2 dash, ground (0g)
water
3 tbsp (45mL)
cooked ham, crumbled
3/4 lbs boneless (340g)

1. Preheat oven to 350 degrees F (175 degrees C). Grease muffin cups or line with paper liners (for number of cups to grease, look at recipe serving details above).
2. Beat eggs together in a large bowl. Mix ham, bell pepper, onion, salt, black pepper, and water into the beaten eggs. Pour egg mixture evenly into prepared muffin cups.
3. Bake in the preheated oven until muffins are set in the middle, 18 to 20 minutes.

Breakfast 2 [↗](#)

Eat on day 4 and day 5

Walnuts

1/3 cup(s) - 219 cal ● 5g protein ● 20g fat ● 2g carbs ● 2g fiber



For single meal:

walnuts
5 tbsp, shelled (31g)

For all 2 meals:

walnuts
10 tbsp, shelled (63g)

1. The recipe has no instructions.

Scrambled eggs with kale, tomatoes, rosemary

405 cal ● 29g protein ● 24g fat ● 13g carbs ● 4g fiber



For single meal:

oil
1 tsp (5mL)
water
6 tbsp (90mL)
balsamic vinegar
2 tsp (10mL)
rosemary, dried
4 dash (1g)
tomatoes
1 cup, chopped (180g)
eggs
4 large (200g)
kale leaves
2 cup, chopped (80g)

For all 2 meals:

oil
2 tsp (10mL)
water
3/4 cup (180mL)
balsamic vinegar
4 tsp (20mL)
rosemary, dried
1 tsp (1g)
tomatoes
2 cup, chopped (360g)
eggs
8 large (400g)
kale leaves
4 cup, chopped (160g)

1. In a small skillet, add your oil of choice over medium-high heat.
2. Add in kale, tomatoes, rosemary, and the water. Cover and cook for about 4 minutes, stirring occasionally, until veggies have softened.
3. Add eggs, and stir to scramble them with the veggies.
4. When eggs are cooked, remove from heat and plate, topping with balsamic vinaigrette (optional). Serve.

Breakfast 3 [↗](#)

Eat on day 6 and day 7

Mixed nuts

3/8 cup(s) - 327 cals ● 10g protein ● 27g fat ● 7g carbs ● 3g fiber



For single meal:

mixed nuts
6 tbsp (50g)

For all 2 meals:

mixed nuts
3/4 cup (101g)

1. The recipe has no instructions.
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Bacon

5 slice(s) - 253 cals ● 18g protein ● 20g fat ● 1g carbs ● 0g fiber



For single meal:

bacon, cooked
5 slice(s) (50g)

For all 2 meals:

bacon, cooked
10 slice(s) (100g)

1. Note: follow package instructions if they differ from below. The cooking time for bacon depends on the method you're using and how crispy you want it. Below is a general guide:
 2. Stovetop (Skillet): Medium heat: 8-12 minutes, flipping occasionally.
 3. Oven: 400°F (200°C): 15-20 minutes on a baking sheet lined with parchment paper or foil.
 4. Microwave: Place bacon between paper towels on a microwave-safe plate. Microwave on high for 3-6 minutes.
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Lunch 1 [↗](#)

Eat on day 1

Baked chicken with tomatoes & olives

24 oz - 1198 cals ● 160g protein ● 50g fat ● 16g carbs ● 12g fiber



Makes 24 oz

tomatoes

24 cherry tomatoes (408g)

olive oil

4 tsp (20mL)

salt

1 tsp (6g)

green olives

24 large (106g)

black pepper

1 tsp (1g)

chili powder

4 tsp (11g)

boneless skinless chicken breast, raw

1 1/2 lbs (680g)

fresh basil, shredded

24 leaves (12g)

1. Heat the oven to 425 F (220 C)
2. Put chicken breast in a small baking dish.
3. Drizzle the olive oil over the chicken and season with salt, pepper, and chili powder.
4. On top of the chicken put the tomato, basil, and olives.
5. Put the baking dish in the oven and cook for about 25 minutes.
6. Check the chicken is cooked through. If not then add a few minutes of cook time.

Basic zoodles

1/4 zucchini - 36 cals ● 1g protein ● 3g fat ● 2g carbs ● 1g fiber



Makes 1/4 zucchini

zucchini

1/4 large (81g)

oil

1/2 tsp (3mL)

1. Spiralize zucchini, sprinkle some salt on the zucchini noodles, and place them between some towels to capture any excess moisture. Set aside.
 2. Heat oil in a skillet over medium heat. Add spiralized zucchini and saute until zucchini is soft, about 5 minutes. Season with salt, pepper, and a dash of any other herbs or spices you have on hand, and serve.
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Lunch 2 [↗](#)

Eat on day 2 and day 3

Zucchini noodle curry bowl with chicken

1169 cals ● 99g protein ● 50g fat ● 58g carbs ● 23g fiber



For single meal:

curry sauce

1 1/2 cup (425g)

cauliflower, cut into chunks

1 1/2 head small (4" dia.) (398g)

zucchini

1 1/2 large (485g)

oil

3/4 tbsp (11mL)

bell pepper, cut into strips

1 1/2 medium (179g)

boneless skinless chicken breast, raw, cubed

3/4 lbs (336g)

For all 2 meals:

curry sauce

3 cup (850g)

cauliflower, cut into chunks

3 head small (4" dia.) (795g)

zucchini

3 large (969g)

oil

1 1/2 tbsp (23mL)

bell pepper, cut into strips

3 medium (357g)

boneless skinless chicken breast, raw, cubed

1 1/2 lbs (672g)

1. Heat the oil in a deep pan over medium heat and cook the cubed chicken until mostly cooked, 6-7 minutes.
2. Add the curry sauce to the pan and heat through. Meanwhile, make the zucchini noodles using a spiralizer or a peeler.
3. Add the noodles into a bowl and top with cauliflower, peppers and chicken curry. Serve.

Kiwi

1 kiwi - 47 cals ● 1g protein ● 0g fat ● 8g carbs ● 2g fiber



For single meal:

kiwi

1 fruit (69g)

For all 2 meals:

kiwi

2 fruit (138g)

1. Slice the kiwi and serve.

Lunch 3 [↗](#)

Eat on day 4

Brussels sprout, chicken & apple salad

1031 cals ● 74g protein ● 64g fat ● 29g carbs ● 10g fiber



walnuts

5 tbsp, chopped (35g)

apple cider vinegar

2 tsp (9g)

maple syrup

2 1/2 tsp (13mL)

olive oil

2 1/2 tbsp (38mL)

boneless skinless chicken breast, raw

10 oz (284g)

brussels sprouts, ends trimmed and discarded

2 cup (165g)

apples, chopped

3/8 small (2-3/4" dia) (62g)

1. Season chicken breasts with some salt and pepper. Heat about 25% of the oil (reserving the rest for later) in a skillet over medium heat. Add chicken breasts and cook about 5-10 minutes on each side or until the center is no longer pink. Transfer to a cutting board and when cool enough to handle, chop breasts into bite-sized pieces. Set aside.
2. Thinly slice brussel sprouts and place them in a bowl. Mix with apples, chicken, and walnuts (optional: to bring out a more earthy flavor in the walnuts, you can toast them in a skillet over medium heat for 1-2 minutes).
3. In a small bowl make the vinaigrette by mixing together the olive oil, apple cider vinegar, maple syrup, and a pinch of salt/pepper.
4. Drizzle vinaigrette over the salad and serve.

Nectarine

2 nectarine(s) - 140 cals ● 3g protein ● 1g fat ● 25g carbs ● 5g fiber



Makes 2 nectarine(s)

nectarine, pitted

2 medium (2-1/2" dia) (284g)

1. Remove nectarine pit, slice, and serve.

Lunch 4 [↗](#)

Eat on day 5 and day 6

Italian baked tilapia

20 oz - 816 cals ● 119g protein ● 22g fat ● 27g carbs ● 8g fiber



For single meal:

italian seasoning

2 1/2 tsp (9g)

tilapia, raw

1 1/4 lbs (560g)

canned crushed tomatoes

5/6 can (337g)

oil

2 1/2 tsp (12mL)

onion, chopped

5/6 medium (2-1/2" dia) (92g)

For all 2 meals:

italian seasoning

5 tsp (18g)

tilapia, raw

2 1/2 lbs (1120g)

canned crushed tomatoes

1 2/3 can (675g)

oil

5 tsp (25mL)

onion, chopped

1 2/3 medium (2-1/2" dia) (183g)

1. Preheat the oven to 375°F (190°C). Heat the oil in an oven-proof pan over medium-high heat. Add the onion and cook for about 8 minutes, until soft and browned.
2. Stir in half of the tomatoes and half of the Italian seasoning. Season with a pinch of salt and pepper. Place the tilapia on top of the mixture, then spoon the remaining tomatoes and seasoning over the fish. Add another pinch of salt and pepper.
3. Transfer the pan to the oven and bake for about 15 minutes, or until the fish is cooked through. Keep an eye on it to avoid overcooking.

Brussels sprout, apple & walnut side salad

380 cals ● 6g protein ● 29g fat ● 18g carbs ● 6g fiber



For single meal:

maple syrup

1/2 tbsp (8mL)

walnuts

3 tbsp, chopped (21g)

apple cider vinegar

1 tsp (6g)

olive oil

1 tbsp (17mL)

apples, chopped

1/4 small (2-3/4" dia) (37g)

brussels sprouts, ends trimmed and discarded

1 cup (99g)

For all 2 meals:

maple syrup

1 tbsp (15mL)

walnuts

6 tbsp, chopped (42g)

apple cider vinegar

3/4 tbsp (11g)

olive oil

2 1/4 tbsp (34mL)

apples, chopped

1/2 small (2-3/4" dia) (74g)

brussels sprouts, ends trimmed and discarded

2 1/4 cup (198g)

1. Thinly slice brussel sprouts and place them in a bowl. Mix with apples and walnuts (optional: to bring out a more earthy flavor in the walnuts, you can toast them in a skillet over medium heat for 1-2 minutes).
2. In a small bowl make the vinaigrette by mixing together the olive oil, apple cider vinegar, maple syrup, and a pinch of salt/pepper.
3. Drizzle vinaigrette over the salad and serve.

Lunch 5 [↗](#)

Eat on day 7

Low carb fried chicken

16 oz - 936 cal ● 80g protein ● 68g fat ● 1g carbs ● 0g fiber



Makes 16 oz

hot sauce

3 tsp (15mL)

cajun seasoning

1/4 tbsp (1g)

Chicken, drumsticks, with skin

16 oz (454g)

pork rinds, crushed

1/2 oz (14g)

1. Preheat oven to 400 F (200 C).
2. Mix crushed pork rinds in a bowl with the cajun seasoning.
3. Coat each piece chicken with hot sauce on all sides.
4. Sprinkle and lightly pat the pork rind mixture on all sides of the chicken.
5. Place the chicken on a wire rack in a sheet pan.
6. Cook for 40 minutes or until done. Briefly broil the thighs to crisp up the skin.

Tomato and avocado salad

313 cal ● 4g protein ● 24g fat ● 9g carbs ● 11g fiber



onion

4 tsp minced (20g)

lime juice

4 tsp (20mL)

olive oil

1 tsp (5mL)

garlic powder

1/3 tsp (1g)

salt

1/3 tsp (2g)

black pepper

1/3 tsp, ground (1g)

avocados, cubed

2/3 avocado(s) (134g)

tomatoes, diced

2/3 medium whole (2-3/5" dia) (82g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

Snacks 1 [🔗](#)

Eat on day 1, day 2, and day 3

Boiled eggs

2 egg(s) - 139 cals ● 13g protein ● 10g fat ● 1g carbs ● 0g fiber



For single meal:

eggs
2 large (100g)

For all 3 meals:

eggs
6 large (300g)

1. Note: Pre-cooked eggs are available in many grocery chains, but you can make them yourself from raw eggs as described below.
 2. Place the eggs in a small sauce pan and cover with water.
 3. Bring water to boil and continue boiling until eggs reach desired doneness. Typically, 6-7 mins from point of boiling for soft boiled eggs and 8-10 mins for hard boiled eggs.
 4. Peel the eggs, season to taste (salt, pepper, sriracha are all good) and eat.
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Sunflower seeds

180 cals ● 9g protein ● 14g fat ● 2g carbs ● 2g fiber



For single meal:

sunflower kernels
1 oz (28g)

For all 3 meals:

sunflower kernels
3 oz (85g)

1. The recipe has no instructions.

Banana

1 banana(s) - 117 cals ● 1g protein ● 0g fat ● 24g carbs ● 3g fiber



For single meal:

banana

1 medium (7" to 7-7/8" long) (118g)

For all 3 meals:

banana

3 medium (7" to 7-7/8" long) (354g)

1. The recipe has no instructions.

Snacks 2 [↗](#)

Eat on day 4 and day 5

Apple

1 apple(s) - 105 cals ● 1g protein ● 0g fat ● 21g carbs ● 4g fiber



For single meal:

apples

1 medium (3" dia) (182g)

For all 2 meals:

apples

2 medium (3" dia) (364g)

1. The recipe has no instructions.

Tuna cucumber bites

345 cals ● 50g protein ● 12g fat ● 8g carbs ● 1g fiber



For single meal:

canned tuna

3 packet (222g)

cucumber, sliced

3/4 cucumber (8-1/4") (226g)

For all 2 meals:

canned tuna

6 packet (444g)

cucumber, sliced

1 1/2 cucumber (8-1/4") (452g)

1. Slice the cucumber and top slices with tuna.
 2. Season to taste with salt and pepper.
 3. Serve.
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Snacks 3 [↗](#)

Eat on day 6 and day 7

Skillet cauliflower tots

267 cals ● 13g protein ● 19g fat ● 9g carbs ● 3g fiber



For single meal:

cauliflower
1 1/4 cup(s), riced (160g)
eggs
1 1/4 extra large (70g)
oil
2 1/2 tsp (13mL)
hot sauce
2 tsp (9mL)
garlic, diced
1 1/4 tsp (4g)

For all 2 meals:

cauliflower
2 1/2 cup(s), riced (320g)
eggs
2 1/2 extra large (140g)
oil
5 tsp (25mL)
hot sauce
1 1/4 tbsp (19mL)
garlic, diced
2 1/2 tsp (7g)

1. In a skillet, heat some of the oil and cook the garlic until soft and fragrant.
2. Meanwhile, in a bowl, combine the riced cauliflower, the egg, and some salt and pepper to taste. Once the garlic is done, add it to the bowl and mix well.
3. Add the remaining oil to the skillet. Using your hands, mold the cauliflower mixture into nugget-size shapes. The mixture may not stick together well at this point, but once it starts cooking it will solidify more.
4. Place the nuggets into the oil and cook for a couple minutes until golden. Flip and cook another couple minutes.
5. Serve with some hot sauce.
6. To store: keep in airtight container in fridge for a day or two. Reheat gently in microwave before serving.

Celery and almond butter

200 cals ● 7g protein ● 16g fat ● 4g carbs ● 4g fiber



For single meal:

raw celery
2 stalk, medium (7-1/2" - 8" long) (80g)
almond butter
1 oz (28g)

For all 2 meals:

raw celery
4 stalk, medium (7-1/2" - 8" long) (160g)
almond butter
2 oz (57g)

1. Clean celery and slice to desired lengths
2. Spread almond butter along center

Dinner 1 [↗](#)

Eat on day 1

Kiwi

2 kiwi - 94 cals ● 2g protein ● 1g fat ● 16g carbs ● 4g fiber

Makes 2 kiwi

kiwi

2 fruit (138g)



1. Slice the kiwi and serve.

Chicken beet & carrot salad bowl

1124 cals ● 132g protein ● 51g fat ● 28g carbs ● 8g fiber



oil

2 1/2 tbsp (38mL)

thyme, dried

5 dash, leaves (1g)

apple cider vinegar

1 1/4 tsp (0mL)

beets, precooked (canned or refrigerated), cubed

10 oz (284g)

boneless skinless chicken breast, raw, cubed

1 1/4 lbs (560g)

carrots, thinly sliced

1 1/4 medium (76g)

1. Heat half of the oil in a skillet over medium heat. Add cubed chicken with a pinch of salt and pepper and cook until fully cooked and golden.
2. Plate chicken with cubed beets and sliced carrots. Top with remaining oil plus vinegar, thyme, and some more salt and pepper. Serve.

Dinner 2 [↗](#)

Eat on day 2 and day 3

Roasted pepper stuffed chicken

12 oz - 858 cals ● 77g protein ● 59g fat ● 6g carbs ● 0g fiber



For single meal:

boneless chicken thighs, with skin
3/4 lbs (341g)
paprika
4 dash (1g)
oil
1/2 tbsp (8mL)
roasted red peppers, cut into thick strips
1 pepper(s) (70g)

For all 2 meals:

boneless chicken thighs, with skin
1 1/2 lbs (681g)
paprika
1 tsp (2g)
oil
1 tbsp (15mL)
roasted red peppers, cut into thick strips
2 pepper(s) (140g)

1. Using fingers, loosen the skin of the chicken thighs from the meat and stuff the roasted peppers underneath the skin.
2. Season chicken with paprika and salt/pepper (to taste).
3. Heat oil in a skillet over medium heat. Place chicken skin side down into pan and cook for 6 minutes. Flip and cook for an additional 5-7 minutes until chicken is fully cooked. Serve.

Roasted carrots

4 carrots(s) - 211 cals ● 3g protein ● 10g fat ● 20g carbs ● 8g fiber



For single meal:

oil
2 tsp (10mL)
carrots, sliced
4 large (288g)

For all 2 meals:

oil
4 tsp (20mL)
carrots, sliced
8 large (576g)

1. Preheat oven to 400°F (200°C).
2. Place sliced carrots on a baking sheet and toss with oil and a pinch of salt. Spread evenly and roast about 30 minutes until soft. Serve.

Garlic zucchini noodles

204 cals ● 3g protein ● 18g fat ● 5g carbs ● 3g fiber



For single meal:

olive oil
1 1/4 tbsp (19mL)
zucchini
1 1/4 medium (245g)
garlic, minced
5/8 clove (2g)

For all 2 meals:

olive oil
2 1/2 tbsp (38mL)
zucchini
2 1/2 medium (490g)
garlic, minced
1 1/4 clove (4g)

1. Use a zoodler or a vegetable peeler with teeth to spiralize the zucchini.
2. Heat the oil in a pan on medium high. Add the garlic and cook for a minute or two.
3. Add the zucchini noodles and saute them, turning them continuously, until they are soft but not soggy, about 5 minutes.
4. Remove from heat and serve.

Dinner 3 [↗](#)

Eat on day 4

Avocado, apple, chicken salad

1237 cals ● 92g protein ● 74g fat ● 30g carbs ● 21g fiber



raw celery
1/4 cup chopped (28g)
olive oil
2 1/4 tbsp (34mL)
garlic powder
1/2 tsp (2g)
salt
1/4 tsp (2g)
black pepper
1/4 tsp, ground (1g)
lime juice
3/4 tbsp (11mL)
boneless skinless chicken breast, raw, cubed
13 1/2 oz (383g)
avocados, chopped
1 avocado(s) (226g)
apples, finely chopped
1 medium (3" dia) (205g)

1. Cube the chicken and season with salt and pepper.
 2. Heat a skillet with some cooking oil over medium heat and add the chicken cubes. Cook until the chicken is cooked through, about 6-8 minutes.
 3. While chicken is cooking, prepare the dressing by mixing the olive oil, lime juice, and garlic powder in a small bowl. Whisk to combine. Add salt and pepper to taste.
 4. Combine all ingredients in a large bowl and toss to coat.
 5. Serve.
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Dinner 4 [↗](#)

Eat on day 5

Roasted cashews

1/4 cup(s) - 209 cals ● 5g protein ● 16g fat ● 10g carbs ● 1g fiber



Makes 1/4 cup(s)

roasted cashews
4 tbsp (34g)

1. The recipe has no instructions.

Avocado tuna salad

1018 cals ● 95g protein ● 56g fat ● 14g carbs ● 19g fiber



avocados
1 1/6 avocado(s) (234g)
lime juice
3/4 tbsp (12mL)
salt
1/4 tsp (1g)
black pepper
1/4 tsp (0g)
mixed greens
2 1/3 cup (70g)
canned tuna
2 1/3 can (401g)
tomatoes
9 1/3 tbsp, chopped (105g)
onion, minced
5/8 small (41g)

1. In a small bowl, mix the tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
 2. Place the tuna mixture on a bed of mixed greens and top with chopped tomatoes.
 3. Serve.
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Dinner 5 [↗](#)

Eat on day 6 and day 7

Mashed sweet potatoes

275 cals ● 5g protein ● 0g fat ● 54g carbs ● 9g fiber



For single meal:

sweet potatoes

1 1/2 sweetpotato, 5" long (315g)

For all 2 meals:

sweet potatoes

3 sweetpotato, 5" long (630g)

1. Pierce sweet potatoes with a fork a couple times to vent and microwave on high for about 5-10 minutes or until the sweet potato is soft throughout. Set aside to lightly cool.
2. Once cool enough to touch, remove the skin from the sweet potato and discard. Transfer the flesh to a small bowl and mash with the back of a fork until smooth. Season with a dash of salt and serve.

Sauteed garlic & herb tomatoes

382 cals ● 4g protein ● 31g fat ● 15g carbs ● 6g fiber



For single meal:

black pepper

1 1/2 dash, ground (0g)

olive oil

2 1/4 tbsp (34mL)

tomatoes

1 1/2 pint, cherry tomatoes (447g)

italian seasoning

3/4 tbsp (8g)

salt

1/4 tbsp (5g)

garlic, minced

1 1/2 clove(s) (5g)

For all 2 meals:

black pepper

3 dash, ground (1g)

olive oil

1/4 cup (68mL)

tomatoes

3 pint, cherry tomatoes (894g)

italian seasoning

1 1/2 tbsp (16g)

salt

1/2 tbsp (9g)

garlic, minced

3 clove(s) (9g)

1. Heat oil in a large saute pan. Add garlic and cook for under a minute, until fragrant.
2. Add tomatoes and all seasonings to pan and cook on low for 5-7 minutes, stirring occasionally, until tomatoes soften and lose their firm round shape.
3. Serve.

Pan fried tilapia

16 oz - 596 cals ● 90g protein ● 26g fat ● 1g carbs ● 0g fiber



For single meal:

olive oil
4 tsp (20mL)
black pepper
1/4 tbsp, ground (2g)
salt
1/4 tbsp (4g)
tilapia, raw
16 oz (448g)

For all 2 meals:

olive oil
2 2/3 tbsp (40mL)
black pepper
1/2 tbsp, ground (3g)
salt
1/2 tbsp (8g)
tilapia, raw
2 lbs (896g)

1. Rinse tilapia fillets in cold water and pat dry with paper towels. Season both sides of each fillet with salt and pepper.
 2. Heat the olive oil in a skillet over medium-high heat; cook the tilapia in the hot oil until the fish flakes easily with a fork, about 4 minutes per side. Serve immediately.
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